

**McCARTHY STONE**

*Life, well lived*



# ADAPTING YOUR HOME

Dementia  
Support

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# THE IMPORTANCE

Understanding how dementia affects people living at home and how to make changes to the home environment can have real positive outcomes for the people you support. Meeting the changing needs of a person with dementia by adapting their home environment can help them to retain their independence and manage behaviours that we may find challenging. People with dementia can experience loss and changes in several areas including:

- Memory
- Hearing, seeing, smell and touch
- How they see objects
- Managing and organising ideas for everyday living
- Behaviour

By adapting a person's home environment, the frustration and anxiety faced by the person with dementia can be reduced. The environment should be carefully adapted to the changes faced by the person with dementia while preserving memories, experiences, interests and habits that are unique to the person.

# ADAPTING YOUR HOME BATHROOM

Does the person still recognise themselves? You could frost the mirror,

Change the grab rail to a more prominent colour.

Install a flood detector to avoid accidents.

Label any draws, simplify routines.

Change the colour of the toilet seat to a more prominent colour to provide a good contrast.

Remove dark bath mats to avoid confusion

Place on a sign with words and images on the door to help people recognise the bathroom with ease.

Consider the pressure of the showerhead and signifiers for the hot and cold functions.

# ADAPTING YOUR HOME KITCHEN



**Add a large clock that shows day and night.**

**Install a temperate extreme sensor to ensure safety.**

**Add glass fronted doors so you can see what is inside with ease.**

**Label any draws with the contents.**

**Additional lighting in kitchens helps to make the most of people's sight, e.g. providing strip lights under cabinets and placing additional lighting in fridge and freezer compartments.**

It can be helpful to people to make use of contrast in the kitchen. For example, contrasting handles or knobs on cupboard doors and kitchen drawers are more easily identifiable. Contrast can be achieved using colour, e.g. black coloured handles on white kitchen doors.



# ADAPTING YOUR HOME

## LOUNGE

**Large clock that highlights the day and night well.**

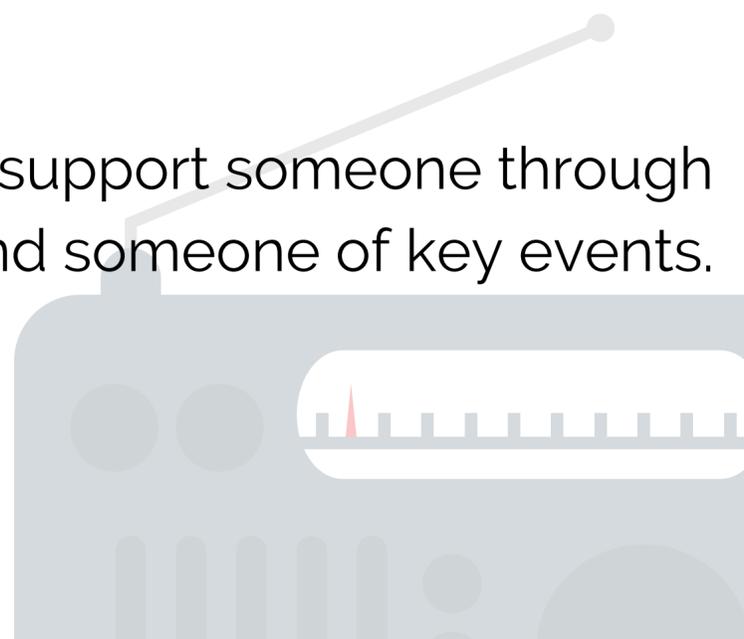
**Good lighting can support independence and understanding. It should avoid creating shadows.**

**Rugs and mats can create potential tripping hazards and can create confusion.**

**Make sure you create an environment that is meaningful, engaging and recognisable.**

A large whiteboard with reminders on can help support someone through the day or maybe an Alexa can help remind someone of key events.

**Think about easy use technology like radios and remotes so that a person can remain independent.**



# ADAPTING YOUR HOME BEDROOM

**An analogue clock, in the person's field of view and set to the right time, can help someone make sense of the time of day.**

**Label the draws well and think about opening up wardrobes so people can see their clothes.**

**Think about purchasing a SAD lamp to help people wake up well.**

**Think about black out curtains or blinds to help create the right environment for sleep.**

**Use contrasting bed linen and sheets to help define the sleeping area.**

**Make sure you create an environment that is meaningful, engaging and recognisable.**

A large whiteboard with reminders on can help support someone through the day or maybe an Alexa can help remind someone of key events.



# ADAPTING YOUR HOME

There are many websites available that can support people living with dementia and other disabilities. Below is a list of websites that will help you create a better environment for your loved one.

**[www.alzproducts.org](http://www.alzproducts.org)**

**[www.nrshealthcare.co.uk](http://www.nrshealthcare.co.uk)**

Other websites are available and can be found through a search engine and typing in 'dementia products for the home'.

Please follow the link below for further guidance and tips on ensuring your home is dementia friendly.

**<https://dementia.stir.ac.uk/design/good-practice-design-dementia-and-sight-loss>**

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